

**LIST OF ISSUES AND PROGRAMS**

**OCTOBER 1-DECEMBER 31, 2015**

**WSRV-FM  
97.1 THE RIVER**

**COX RADIO, INC.  
GAINESVILLE-ATLANTA, GEORGIA**

## **ISSUES AND ANSWERS**

**DURING THE PERIOD OF OCTOBER 1-DECEMBER 31, 2015 THE FOLLOWING ISSUES AND PROBLEMS**

**WERE AMONG THOSE ADDRESSED BY WSRV-FM:**

**HEALTH / SAFETY / CRIME**

**EDUCATION**

**FAMILY / PARENTING / SELF-HELP / RELIGION**

**ART / ENTERTAINMENT / RECREATION / ENVIRONMENTAL**

**FINANCIAL / POVERTY / CHARITY**

## **WSRV-FM**

### **ASCERTAINMENT STATEMENT**

**WSRV FM/97.1 The River develops on air programming to address issues of importance to Gainesville, Atlanta and surrounding communities.**

WSRV-FM also produces four-thirty minute community affairs talk shows, which addresses a variety of topics and issues of concern including politics, education, health, business, lifestyle issues and civic and social issues. The River Current, The Heart of Atlanta, and Perspectives air every Sunday morning.

Issues on the program are ascertained through interviews with community leaders, including representatives of charitable and civic/social/civil rights organizations and others who make a difference in the communities in which we serve. WSRV-FM also solicits community input via the website

<u>LIST OF PROGRAMS</u>	<u>AIRTIMES</u>	<u>LENGTH</u>	<u>PROGRAM DESCRIPTION</u>
THE DR. JOE SHOW	SUN 6:30AM	30 MINUTES	LOCALLY PRODUCED PUBLIC AFFAIRS PROGRAM DEALING WITH LOCAL ISSUESOR TOPICS OF GENERAL INTEREST.
PERSPECTIVES	SUN 7:00AM	30 MINUTES	LOCALLY PRODUCED PUBLIC AFFAIRS PROGRAM DEALING WITH LOCAL ISSUES OR TOPICS OF PARTICULAR MINORITY INTEREST.

WSRV-FM    OCTOBER 1-DECEMBER 31, 2015

CHARITY PROJECTS – 4TH QUARTER

10/3-Georgia Craft Beer Festival

10/11-Boxerstock-Atlanta Boxer Rescue

10/24-Making Strides Walk- American Cancer Society

11/20-12/20-Kroger Can Hunger Campaign- Atlanta Community Food Bank

## **ISSUE & DESCRIPTION**

### **HEALTH / SAFETY / CRIME ISSUES**

**DATE**

**TIME**

**LENGTH**

10/4/15

6:30AM

30MINS

DR. JOE SHOW: Obesity and disease: part 2. Fortunately, there is much you can do to lower your risk for cancer. Prevention is key however, and maintaining a healthy weight is part of a preventative lifestyle. I believe you can virtually eliminate your risk of cancer and chronic disease, and radically improve your chances of recovering from cancer if you currently have it, by adhering to the following strategies, which will also help you normalize your weight and insulin/leptin sensitivity. Buy whole organic foods. Opt for organic grass-fed meats. Opt for glass packaging and storage containers. Reconsider how you prepare and cook your food. Intermittent fasting. Normalize your ratio of omega-3 to omega-6 fats. Optimize your gut flora. Exercise. Vitamin D. Sleep. Avoid toxins. Avoid radiation exposure. Manage your stress.

10/11/15

6:30AM

30MINS

DR. JOE SHOW: Memory problems. Is a "Swollen Brain" causing your memory problems? Ever get the feeling that your brain is just not working quite like it used to? Unfortunately, you're probably not imagining it. Memory problems are one of the most common complaints about growing older. In fact, subtle memory changes can start as early as in your 40's. By the time you reach your 60's small slips like forgetting names, being easily distracted, or misplacing your glasses becomes the norm for most of us. Scientists have always said that the condition, known as age-related cognitive decline, is an inevitable result of aging. We've been told that there's nothing we can do about it and that we'll just have to learn to live with it. But now new research is saying that this is not the case. In fact, it appears that we not only can put the brakes on the downward memory spiral but we can even reverse the decline.

10/18/15

6:30AM

30MINS

DR. JOE SHOW: What is a hormone disruptor? It seems like not a week goes by without a study linking a common household product – or its ingredients – to one serious health problem or other. Whether it's BPA in cans causing heart attacks and cancer or fake fragrances in personal care products inducing early puberty in girls, the deluge of what's harming us can be depressing. But all of these studies underline one important fact: Chemicals are introduced onto the market before they're adequately tested for their long-term impacts on human health, and many of them are harmful hormone disrupters.

## **ISSUE & DESCRIPTION**

**DATE**

**TIME**

**LENGTH**

### **HEALTH / SAFETY / CRIME ISSUES:**

10/25/15

6:30AM

30MINS

DR. JOE SHOW: "Healthy" snacks to avoid. As the nation's collective waistline continues to expand, it has become more important than ever to educate yourself as to what sorts of food truly are and are not healthy for you, despite what their labeling says or whether they are touted as "healthy." That is especially important for snacks that are supposed to be good for you but which are, in reality, not a smart food choice.

11/1/15

6:30AM

30MINS

DR. JOE SHOW: Control your food cravings. You know that giant muffin is a naked cupcake, but it's not enough to block out the little nagging voice (or maybe booming roar) of a craving. So, even though it has no nutritional value or you're trying to lose weight by cutting out junk food calories, you find yourself chowing down. But new research suggests that your gut bacteria not your willpower, may be to blame.

In a scientific review, the researchers found that the bacteria living in your gut (which outnumbers your own cells 100 to 1!) influence what you eat to get the nutrients that they want, even if it's not the healthiest choice for you.

11/8/15

6:30AM

30MINS

DR. JOE SHOW: Obesity surpasses smoking in terms of ill health effects. This may come as a surprise to some, but data collected from over 60,000 Canadians show that obesity leads to more doctor visits than smoking. The idea that being overweight can be worse for your health than smoking is likely to make many balk, considering how "normal" it has become to carry around extra pounds, but in terms of overall health effects and subsequent health care costs. It's likely true. The study estimates that if obesity were not a factor, doctor visits in Canada would decrease by 10 percent. The decrease would be even greater if you take into account problems related to type 2 diabetes, which is also directly related to obesity and poor diet.

11/15/15

6:30AM

30MINS

DR. JOE SHOW: Natural remedies for the treatment of acid reflux. Acid reflux is an extremely common health problem, affecting as many as 50 percent of Americans. Other terms used for this condition are gastroesophageal reflux disease (GERD) or peptic ulcer disease. The hall mark symptom of acid reflux is "heartburn" – a burning sensation behind your breastbone that sometimes travels up your throat. In some cases, this pain can be severe enough to be mistaken for a heart attack.

## **HEALTH / SAFETY / CRIME ISSUES:**

11/22/15      6:30AM      30MINS

DR. JOE SHOW: Energy boosting foods. Superfood supply lots of nutrients that my often not be available from crops grown in mineral depleted soils that are common with our monoculture agriculture. They also supply more nutrients and/or antioxidants with less bulk and fewer calories. Superfoods also tend to have high antioxidant ORAC (oxygen radical absorption capacity) values. In other words, they have more nutritional punch per ounce and calorie than other foods.

11/29/15      6:30AM      30MINS

DR. JOE SHOW: Why diets don't work. 62% of Americans are overweight. 44 million people are clinically obese, 34 million people are considered "at risk". \$30,000,000,000 spent on weight loss, \$314,000,000 spent just on diet pills. Stress makes everything worse: confuses appetite signals, impairs body chemistry. Fast chewing doesn't allow for proper digestion and assimilation, excess air is taken in with food. Slow down and take time to enjoy your meals, chew your food thoroughly. Don't drink with your meals (especially alcohol or vinegar!), this dilutes digestive enzymes. Avoid overeating, especially cooked or refined foods. Utilize proper food combining to make digestion easier and more efficient. Learn to love healthy food so you don't feel resentment. Don't skip meals, or snack in between meals. Hunger vs. cravings. Food addiction – Meat, sugar, dairy and chocolate stimulate the opiate receptor sites in your brain. If you are prone to addiction, you have less dopamine receptors in your brain, so you need more stimulation to get pleasure, so you eat "addicting" foods and you eat more of them. The big secret to weight loss, it takes 20 minutes for your stomach to tell your brain that you are full!!!

12/6/15      6:30AM      30MINS

DR. JOE SHOW: Alcohol consumption and breast cancer. The International Agency for Research on Cancer has collected updated evidence and data from recent scientific studies (2009 – 2013) to investigate the link between breast cancer and alcohol consumption. Interestingly, the analyses found a linear correlation between alcohol intake and breast cancer occurrence, as summarized in the American Journal of Preventive Medicine article (published 2014). This latest article compiled and statistically analyzed the experimental and numerical data from various research articles, and the conclusion reinforces that alcohol consumption leads to higher rates of breast cancer. The main cause is "ethanol oxidation" and the resulting byproduct acetaldehyde. In the case of breast cancer, ethanol reaches the breast tissues via the bloodstream, where its metabolism generates various carcinogens such as acetaldehyde, free radicals and peroxides which increase cell proliferation.



## **HEALTH / SAFETY / CRIME ISSUES:**

12/13/15      6:30AM      30MINS

DR. JOE SHOW: How to treat colds and flu. The humble cold is the most common infectious disease in the U. S. It accounts for more absences from school and work than any other illness. It is the leading cause of patient visits to physicians. It is not easy to catch a cold. Your body's natural defenses usually fight off these viruses. There is a direct relation between your risk of catching a cold and the amount of time spent in contact with an infected person. That is why families tend to get sick together. The most common route of infection is not from coughing or sneezing, or walking barefoot in the rain, but from hand-to-hand contact. That is why when you have a cold, washing your hands frequently is so important.

12/13/15      7AM      15MINS

PERSEPCTIVES: Quintez Gurndy, Kaiser Permante : Childhood obesity—it's a serious health condition that continues to impact more than 12 million American children between the ages of 2-19. While awareness of this issue has risen, bringing childhood obesity rates down has proven to be a daunting challenge. But health care giant Kaiser Permanente is trying to move the needle through Thriving Schools—its effort to create a culture of health among students, teachers and school staff.

12/27/15      6:30AM      30MINS

DR. JOE SHOW: 5 things that should never be in your makeup. Every time you slather a flash of color across your lips, you could be applying an alarming dose of lead to your mouth, a part of the body where the heavy metal is easily absorbed and ingested. In fact, a new report found lead contamination in cosmetics is more widespread than previously thought – 400 lipsticks tested positive for the brain-damaging contaminant, with L'Oreal lipsticks being the worst offenders. The lead – which isn't listed on the ingredient breakdown – could be coming from the colorant of another contaminated ingredient. Short of sending the lipstick to a lab for lead testing, there's not much consumers can do to avoid it (besides just not wear it).

12/20/15      7AM      15MINS

PERSPECTIVES: Relationship expert and Sex therapist, Dr. Laura Berman offers guidance on surviving being with family during the holidays and dealing with the holiday blues. In addition, she explains more about Addyi – the new drug that is being called the female Viagra. She explores specifically how does the drug work and who is the best candidate to use it with success; the fact that women cannot drink while taking the drug; its side effects and other options available to women.

**ISSUE & DESCRIPTION****DATE****TIME****LENGTH****EDUCATION ISSUES:**

12/27/15

7AM

30MINS

PERSPECTIVES: Jane Ratliff, Executive Director Blue Hair Technology

BlueHair Technology Group (BHT) is a nonprofit organization whose mission is to educate seniors about current technology and the tools available to them to connect and communicate with family and friends. By receiving hands-on workshops in the communities where they live, seniors will have a fun, comfortable and convenient way to learn how to use technology, find information online, and stay alert and active. The organization believes that seniors who remain socially engaged in their communities will be less likely to feel isolated, lonely and depressed. Their goal is to empower, through the benefits of technology, a group of people who increasingly feel alienated because of fast-changing technology.

**ISSUE & DESCRIPTION****DATE****TIME****LENGTH****FAMILY/PARENTING/SELF-HELP/RELIGION ISSUES:**

10/25/15

7AM

30MINS

PERSPECTIVES: Miko Branch is the co-founder and CEO of Miss Jessie's, LLC. She is celebrated for transforming the hair care industry by establishing an entirely new category of products specifically for natural and curly hair. Her book, MISS JESSIE'S is part business guide, part memoir. Mixing touching family stories with hair care tips and business advice, MISS JESSIE'S is an inspiring story, captivating and entertaining in its telling. Not only does it provide incredible entrepreneurial advice, it showcases the resiliency, determination, and independence both Miko and Titi had when building their business from the ground up.

12/20/15

7AM

15MINS

PERSPECTIVES: In her memoir, Troublemaker: Surviving Hollywood and Scientology, Leah Remini offers up a no-holds-barred memoir, including an eye-opening insider account of her tumultuous and heart-wrenching thirty-year-plus association with the Church of Scientology. That was never more evident than in 2013, when Remini loudly and publicly broke with the Church of Scientology. Now, in this frank, funny, poignant memoir, the former *King of Queens* star opens up about that experience for the first time, revealing the in-depth details of her painful split with the church and its controversial practices. But when she began to raise questions about some of the church's actions, she found herself a target. In the end, she was declared by the church to be a threat to their organization and therefore a "Suppressive Person," and as a result, all of her fellow parishioners—including members of her own family—were told to disconnect from her. Forever

**ISSUE & DESCRIPTION****DATE****TIME****LENGTH****ART & ENTERTAINMENT / RECREATION / ENVIRONMENTAL ISSUES:**

10/4/15

7AM

15MINS

PERSPECTIVES : Ten years have passed since Hurricane Katrina devastated New Orleans. Wendell Pierce, star of The Wire writes a poignant memoir, The WIND IN THE REEDS: A Storm, A Play, and the City That Would Not Be Broken. In THE WIND IN THE REEDS, Pierce explores art, community, and resilience in the wake of Hurricane Katrina.

10/11/15

7AM

30MINS

PERSPECTIVES: Topics: Film Production in Atlanta | Diversity in Television -Guests: Lamont Gant, producer and Director | Tracee Ellis Ross. Not a day goes by that you are not hearing about Hollywood movie production in Atlanta. There's a red carpet premiere here there is another event there, plus there are studios throughout the state of Georgia making movies in the city that is now called Hollywood South. Plus there are studios across the state that truly makes Georgia Hollywood South. Lamont Gant joins us to talk about the film he made in Atlanta called Returned. It is part drama and part science-fiction and very entertaining. Tracee Ellis Ross is the star of Black-ish on ABC. We spoke about diversity on television today and the great opportunities that exist for women in leading roles in prime time.

10/18/15

7AM

30MINS

PERSPECTIVES : Che "Rhymefest" Smith is having a big year. In February, he won an Oscar with Common and John Key for "Glory," and his first film IN MY FATHER'S HOUSE has enjoyed great success on the film festival circuit. Picked up for theatrical release by Alchemy Studios, the documentary will be opening in Atlanta on October 9th. Set against the crumbling landscape of Chicago's battered south side, IN MY FATHER'S HOUSE is a yearlong journey from homelessness and alcoholism to self-discovery and redemption as Grammy-winning rapper Che "Rhymefest" Smith reunites with his homeless father in a quest to reclaim his neighborhood and discover his true self as a father and son.

11/15/15

7AM

30MINS

PERSPECTIVES: Things Your Man Won't Do" is written, produced and directed by Je'Caryous Johnson. It is the fourteenth in a series of box-office breaking hit stage plays from the NAACP Trailblazer Award Recipient. People think the play is about a woman not getting what she wants, but at the end of the day, there is a reason that men don't do certain things- Like coming around to marriage when they are ready.

## **ART & ENTERTAINMENT / RECREATION / ENVIRONMENTAL ISSUES:**

11/29/15      7AM      30MINS

PERSPECTIVES: Chuck Meadows, Executive Director : The organization's mission is to Enable, Engage and Empower  
Enable the project– Help “Build the BeltLine” by contributing to the capital and construction costs associated with completing the 22-mile loop of parks and trails Trail development, land acquisition, park design; Engage the users – Support the rich array of programs, events and activities that bring hundreds of thousands of Atlanta residents and visitors to the Atlanta BeltLine year-round Run.Walk.Go! Series, Art on the Atlanta BeltLine, Pet Partnership; Empower the residents – Join our community building efforts focused on some of the most promising neighborhoods along the Atlanta BeltLine corridor Partnership Plan for the Westside Trail Corridor, Housing rehab program.

**ISSUE & DESCRIPTION****DATE****TIME****LENGTH****FINANCIAL / POVERTY / CHARITY ISSUES:**

10/4/15

7AM

13MINS

PERSPECTIVES: Mike Logan / Atlanta Boxer Rescue-The sixth-annual BoxerStock music festival is set for Sunday October 11 at Jim R. Miller Park in Marietta. It's an all-day, family-friendly event to benefit Atlanta Boxer Rescue, a non-profit organization that strives to rescue, rehabilitate, and re-home unwanted and abandoned Boxers within the greater Atlanta area as well as providing education to pet owners. Atlanta Boxer Rescue, Inc., is 501(c)(3) non-profit organization.

11/1/15

7AM

30MINS

PERSPECTIVES: In October The American Cancer Society revised it guidelines about women women should be screened for breast cancer. Komen Atlanta, a leading breast cancer research organization strongly disagrees with the new recommendations. Cati Diamond Stone joins us to talk about the differences between the new and existing recommendations. As a survivor, she shares her story and talks about the many resources available to women in Atlanta. 80-percent of dollars raised here stay here.

11/8/15

7AM

30MINS

PERSPECTIVES: Guests: Brian Cowart, DAV Chief Development Officer and Moses McIntosh DAV National Commander Veterans Day 2015 in Atlanta will be marked by the city's first 5K to benefit the Disabled American Veterans. Our focus is to raise awareness of veterans issues and educating the audience about the event to honor veterans on November 7.

## **FINANCIAL / POVERTY / CHARITY ISSUES:**

11/22/15      7AM      30MINS

PERSPECTIVES: Elisabeth Omilami and Daryl Shular certified Master Chef at Le Cordon Bleu

Despite Atlanta's incredible growth there is a problem with homelessness in the city. On Thanksgiving day, Hosea Feed the Hungry, now Hosea Helps, a year round human services organization will feed more than 10,000 people at the Georgia World Congress Center. The difference in the meal this year is that it will be a more healthy one, thanks to the expertise of the chefs at Atlanta's Le Cordon Bleu.

12/13/15      7AM      15MINS

PERSPECTIVES : Beth Howell , CEO of the Ronald McDonald House Charities thanks Atlanta for their successful fund drive and the opening in December of Atlanta's New House. With its original 11 bedrooms, the Peachtree Dunwoody Ronald McDonald House near Children's Healthcare of Atlanta at Scottish Rite averaged 90 percent occupancy and had a waiting list many nights. In December 2015, Atlanta Ronald McDonald House Charities opened a new 31-bedroom, three-story House at the Peachtree Dunwoody location to replace the original 11-bedroom facility. ARMHC is thankful for the philanthropic support from donors and friends throughout the community that helped create this new home-away-from-home.